



THE TRUTH ABOUT TALC

Does it cause ovarian cancer?

AUGUST 2016

3 Innovative Options

New Treatments Extend Survival for Late-Stage Melanoma Patients

4 Defeating Cancer Disparities

Karmanos Research Seeks to Improve Health

7 Partners Events

Fundraising Plays an Important Role in Cancer Research and Treatment

Could talcum powder, a seemingly innocent product used by millions of Americans, place women at increased risk of ovarian cancer?

Doctors diagnose about 20,000 to 22,000 new cases of ovarian cancer each year according to the American Cancer Society. The cause of the disease isn't entirely clear.

"About 10 to 20 percent of ovarian cancer cases have a genetic, inheritable component," says Ira Winer M.D., Ph.D., assistant professor of Gynecologic Oncology at the Karmanos Cancer Institute and Wayne State University School of Medicine. "However, the majority of cases are sporadic, suggesting the probability of other contributors, of which environmental exposure is certainly a potential component."

Talcum powder is made from talc—a mineral composed of magnesium, silicon and oxygen. Some researchers suggest that talc, widely used in body powders, may cause ovarian cancer if powder particles applied to the genital area or on sanitary napkins travel to the ovaries, but many disagree.

"The available data specific to talc is still questionable," Dr. Winer says. "Some epidemiologic studies show an increase in risk with talc usage while others fail to demonstrate this

association. Many of these studies have significant sources of bias which could potentially call the studies' conclusions into question.

"Two of the largest prospective observational studies, the Women's Health Initiative and Nurses Health Study, did not show a definitive link," Dr. Winer adds. "If relying on the data that is available and concluding there is a potential increase in risk, the absolute risk increase for any individual patient appears to be quite small. The personal lifetime risk for ovarian cancer in those without a genetic contribution is approximately 1.3-1.4 percent. Talc use may increase that risk to 1.6 percent. Additional studies are needed for a definitive answer."

If you have concerns about talcum powder use, talk with your doctor.

"It's best to understand the potential risks and benefits of the product, as well as the magnitude of the risks, to make an informed, personal decision on the use of talc or any other such products," Dr. Winer says.

CONTACT US

For more information about a cancer diagnosis or treatment, call **1-800-KARMANOS** [1-800-527-6266] or visit karmanos.org.

WELCOME

You most likely have seen the news reports about the alleged link between talcum powder use and ovarian cancer. Since it's our cover story, it may be the reason you picked up this copy of Hope. It's not a new story but one that is on the minds of many women who have used talcum powder. As an ovarian cancer researcher and gynecologic oncology specialist, I can say that the current data is mixed and that even if there is a potential link, the absolute risk to any individual woman is likely small. More definitive studies are needed from a biologic and population standpoint.



At Karmanos, we pride ourselves on giving our patients, their families and the public the most up-to-date information about cancer, diagnoses and screening guidelines, based on the expertise of our oncologists. The same goes for the treatments our patients receive. We like to keep an eye on what's trending in cancer news and weigh in with our own expert opinions.

Karmanos' Hope magazine is a great vehicle through which to explore the latest news about cancer. In this edition, you'll learn more about the most current treatments we provide for melanoma; learn about how we're reducing cancer disparities among minority populations; better understand our status as a National Cancer Institute-designated comprehensive cancer center; and read several features on how patients at our various sites in Michigan are benefitting from the very best cancer care.

Please enjoy this latest edition of Hope and let us know if you have any of your own cancer related questions or story ideas for Hope.

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Karmanos HOPE

August 2016

ABOUT KARMANOS

The Barbara Ann Karmanos Cancer Institute, a McLaren Health Care subsidiary, is one of only 47 National Cancer Institute-designated comprehensive cancer centers in the United States. Federal designation as a comprehensive cancer center is the pinnacle of translational oncology research.

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Karmanos' comprehensive cancer care: What it means for our patients

The Barbara Ann Karmanos Cancer Institute has held the designation as a National Cancer Institute-designated comprehensive cancer center since 1978. We recently competed for this prestigious designation again and will maintain it for the next five years. What that means to our patients is that Karmanos provides a wider range of services when it comes to treating all 200-some types of cancer. It means offering patients therapies not found at other hospitals or health organizations. And it means our clinical and basic scientists create the cancer therapies that those same hospitals and health organizations will use in the future.



"All of this translates to better patient care," said Ann G. Schwartz, Ph.D., MPH, deputy center director at Karmanos. "Having the NCI designation attracts the best scientists and doctors who are dedicated to conducting cutting-edge research to advance cancer treatment and prevention."

Karmanos is one of only two comprehensive cancer centers in Michigan and the only center of its kind in metro Detroit. Karmanos offers services others can't, such as access to:

- A very large clinical trials program, offering patients the chance to take part in more than 800 cancer-specific, scientific investigation programs and clinical trials.
- More than 90 cancer therapies generally not found elsewhere in Michigan.
- Oncologists who are all specialists in the cancers they treat.
- Multidisciplinary teams who discuss and consult on every patient's case.
- Cutting-edge research that translates to the best cancer care.

"Having the comprehensive cancer center status gives you a stamp of excellence," Dr. Schwartz said. "You can get the very best care here."

The process in which to gain or maintain comprehensive status is very competitive, according to Dr. Schwartz. There are only 47 comprehensive cancer centers in the United States.

"NCI does not approve the designation of a comprehensive cancer center without careful review," she says. "You have to demonstrate excellence in patient care; you have to conduct state-of-the-science research; and you have to foster an environment in which scientists work together to develop new cancer therapies. As a comprehensive cancer center, we can ensure that every patient who comes to us receives the very best care."

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or visit karmanos.org**

INNOVATIVE Options

NEW TREATMENTS EXTEND SURVIVAL FOR LATE-STAGE MELANOMA PATIENTS

Summertime means fun in the sun. But ultraviolet rays from the sun or tanning beds will result in more than 80,000 new melanoma (skin cancer) cases this year, according to the American Cancer Society.

When caught early, the disease is very treatable—the five-year survival rate for early-stage melanoma is 92 percent. Those numbers drop when the disease spreads through the body regionally (63 percent) or to distant tissues or organs (17 percent).

Since melanoma has the potential to spread quickly, researchers have developed some exciting new treatments for advanced-stage melanoma that extend lives.

“Early-stage melanoma is typically removed surgically,” says Lawrence Flaherty, M.D., leader of the Melanoma Multidisciplinary Team and director of the Clinical Trials Office at the Karmanos Cancer Institute. “Immunotherapy and targeted therapies are among the newer treatments for cases that cannot be managed surgically.”

Immunotherapy drugs stimulate the body’s immune system to destroy cancer cells. One type of drug allows the immune system to better identify and attack specific cancer cells, while another type is designed to restore or enhance pre-existing anti-cancer immune responses. Patients receive an immunotherapy drug intravenously.

“Immunotherapy treatments can be durable,” Dr. Flaherty says. “Up to 40 percent of patients do well three to five years after starting treatment. But altering the immune system can also cause it to become overactive and attack the gastrointestinal tract and endocrine organs.”

Targeted therapies work best for melanoma patients with a gene mutation called BRAF. Drugs taken orally target the mutation in melanoma cells, control the cancer and put it into remission.

“About 60 to 70 percent of targeted therapy patients benefit quickly,” Dr. Flaherty says. “Patients can experience six months to a year of benefit before the cancer cells become more resistant to the drugs. Some side effects include fever, joint pain and fatigue, but we can reduce them by adjusting the medication dose.

“These newer therapies can give late-stage melanoma patients some dramatic benefits, which is very encouraging. Immunotherapy is revolutionizing how we treat melanoma as well as other diseases like kidney and lung cancer. We’re continually refining and improving these treatments to give cancer patients more hope.”



PROTECT YOUR SKIN

Dr. Flaherty offers these skin cancer prevention tips:

- Limit sun exposure and avoid tanning beds.
- Wear sunglasses and protective clothing (long-sleeve shirts and hats).
- Apply sunscreen liberally. Look for a SPF (Sun Protection Factor) of at least 15.
- Reapply sunscreen every two hours if you’re active outdoors.
- Remember to apply sunscreen to your ears, lips and the back of your neck.



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DEFEATING *Cancer Disparities*

KARMANOS RESEARCH SEEKS TO IMPROVE HEALTH

Karmanos Cancer Institute researchers work diligently every day to find the factors that cause cancer disparities among African-American and Caucasian patients, as well as other ethnic groups.

“Part of our mission at Karmanos is to investigate groups of people who are overburdened with a particular cancer or

have worse outcomes after cancer development,” says Michele Cote, Ph.D., associate center director for Education at Karmanos and associate professor of Oncology at Wayne State University School of Medicine (WSU SOM).

The National Institutes of Health and National Cancer Institute recently awarded a \$2.9 million grant to Susan Eggly, Ph.D., associate professor of Oncology at Karmanos and WSU SOM. The award number is 1R01CA200718-01. She’s collaborating on a study designed to increase the participation of African-American men in prostate cancer clinical trials by improving the way patients and their oncologists communicate when they discuss trials. African Americans have a much higher prostate cancer incidence rate than any other ethnic group.

Hayley Thompson, Ph.D., who leads Karmanos’ Population Studies and Disparities Research program, recently received a two-year \$247,000 community engagement award from the Patient-Centered Outcomes Research Institute. The project will identify cancer research priorities among minority populations within Detroit and Wayne County.

Dr. Cote is investigating benign breast disease and subsequent risk of breast cancer in African-American women. The four-year study, funded by Susan G. Komen® for \$888,146, is titled, “Benign Breast Disease and the Risk of Breast Cancer: The Detroit Cohort.”

Dr. Cote and Katrina Studvent, director of Breast Cancer Special Programs at Karmanos, are coordinating a healthy breast tissue collection event for the Susan G. Komen® Tissue Bank at the IU Simon Cancer Center. Under the guidance of Studvent, Komen Detroit Race for the Cure® is the lead community partner on the project and is galvanizing other community partners for the event.





“We make strides every day in cancer prevention and identifying high-risk ethnic groups that might benefit from screening and early detection,” Dr. Cote says. “Identifying the drivers of disease development and survival will lead to better health for all ethnic groups.”

Karmanos researchers also are studying communication patterns between doctors and cancer patients, particularly African Americans, and how they influence the quality of care. Louis Penner, Ph.D., professor in the Department of Oncology and Population Studies and Disparities Research at Karmanos, led a study that showed a physician’s racial bias can lead to poor communication and may have an impact on medical treatment for African-American cancer patients. The research was published in the *Journal of Clinical Oncology*.

“Implicit racial bias is present in some degree in almost everyone and physicians are no different,” Dr. Penner says. “It is related to but different from explicit racial bias, which is overt and displayed with conscious awareness. There is very little evidence that explicit bias is a problem in medical care. Rather, the influence of bias in medical interactions is much more subtle.

“Our research suggests that implicit racial bias does contribute to these disparities.”

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STUDY OF HEALTHY BREAST TISSUE HELPS MOVE RESEARCH FORWARD

To help researchers better understand the development of breast cancer, the Karmanos Cancer Institute is the host site for an upcoming tissue donation event this September for the Susan G. Komen Tissue Bank at the IU Simon Cancer Center. The Komen Tissue Bank, as the biorepository is commonly called, is part of Indiana University and is located in Indianapolis.

The goal is to collect samples of healthy breast tissue from at least 200 donors aged 18 and older. Since breast cancer disproportionately impacts women of color, researchers are particularly seeking to study healthy tissue from women of diverse racial and ethnic backgrounds.

The Komen Tissue Bank—the world’s only known repository of normal breast tissue and matched serum, plasma and DNA—will store the tissue samples. Karmanos researchers will use some of the tissue specimens for approved research projects.

“Tissue donations will help scientists better understand differences in benign conditions that could lead to better breast cancer treatments or a cure,” says Katrina Studvent, director of Breast Cancer Special Programs at Karmanos. “Donor diversity will greatly impact our understanding of why women of color develop the disease disproportionately.”

Dr. Cote said the Komen Tissue Bank will help drive breast cancer research forward.

“Scientists don’t know a lot about how normal breast tissue develops or changes during puberty, pregnancy or menopause,” she says. “Building a resource of normal breast tissue can help provide clues about what goes wrong when cancer develops.”

For more information about the Komen Tissue Bank, visit www.komentissuebank.iu.edu

THE NEW FRONTIER in Therapy

KARMANOS PROSTATE CANCER PATIENT BENEFITS FROM PRECISION MEDICINE



Pictured are wife Roberta Gaspar, Dr. Elisabeth Heath, and Ed Gaspar

Karmanos Holds Free Annual Prostate Cancer Symposium

The Karmanos Cancer Institute is sponsoring its free annual community educational advocacy event, the Sixth Annual Prostate Cancer Symposium, from 8 a.m. - 2:30 p.m. Saturday, Sept. 17, 2016 at the Motor City Casino in Detroit. This year, the symposium will focus on teaching prostate cancer patients how to optimize quality of life including topic discussions on sexual dysfunction and other impacts of the disease. In addition, there will be presentations on novel prostate cancer treatments and research. To learn more about the Prostate Cancer Symposium, call 1-800-KARMANOS (1-800-527-6266) or visit karmanos.org/2016prostatecancer.

Ed Gaspar, a Grosse Pointe resident, was diagnosed with prostate cancer in 2002. Since his diagnosis, he has been treated by various doctors at different health organizations. He came to Karmanos in 2011 and is now one of the patients benefitting from a new cancer treatment method: precision medicine.

"I had a bone biopsy and they also collected cells that they could then clone and see what genetic background was going on," Ed says. "Now, at this point, they've taken the biopsies and from the cloning of these cells, they can develop a personalized treatment specifically for the type of cancer I have."

Ed is being treated by Elisabeth Heath, M.D., F.A.C.P., the Patricia C. and E. Jan Hartmann Endowed Chair in Prostate Cancer Research at Karmanos, as well as professor in the departments of Oncology and Medicine at Wayne State University School of Medicine.

Karmanos works with Caris Life Sciences as a Center of Excellence to create genetic profiles of individual patient tumors, particularly with advanced cancers, to determine which therapies are most effective. Caris Life Sciences is a leading biotechnology company based in Irving, Texas. It provides multiple-technology tumor profiling services that help guide therapy decisions and identify clinical trial opportunities based on each patient's unique tumor biology.

Dr. Heath said that precision medicine is the new frontier of cancer therapy.

"One of the concerns we have is for people with advancing disease. They need more options," she says. "One of the ways we are trying to better treat patients is to develop precision-type medicine, or individual medicine. Our approach is to understand the patient, and the tumor, and how best to kill it."

To facilitate the creation of individualized therapy, the patient consents to have biopsied tissue go to three places: first the pathology lab at Karmanos for diagnosis. Another portion goes to Caris for molecular intelligence testing to look for genetic alterations. A third portion remains at Karmanos for scientists to grow the tissue experimentally to see which treatment might work best. Scientists can use targeted therapies on the tissue, not on the patient, before the best treatment path is chosen.

Doctors hope to use this process on more cancer patients, not just those with advanced disease.

"There is always hope that this technology will move on in the earlier stages of cancer, but this same technology has to be honed and better understood," Dr. Heath says. "We now have the opportunity to get these patients involved by having them contribute their own tumors to this cause."

For now, Ed is excited that precision medicine is helping him thrive despite his prostate cancer.

"My first comment to most of the people I've spoken to is, 'Go straight to Karmanos. They have the knowledge, the experience and the technology to treat your cancer the best,'" Ed says.

To view the video featuring Ed Gaspar and Dr. Elisabeth Heath speaking about precision medicine, please go to <http://www.karmanos.org/PrecisionMedicineVideo>

KARMANOS CANCER INSTITUTE'S 23RD ANNUAL PARTNERS EVENTS *Advance Cancer Research*

As a leader in cancer research, the Karmanos Cancer Institute offers patients access to innovative treatments and clinical trials not available anywhere else.

Because of the significant funding that is needed each year to conduct innovative research, outside funding is essential to launching and maintaining these critical initiatives. That's why financial contributions from groups like the Partners play an important role in advancing cancer care.

The Partners are a group of volunteers dedicated to making an impact in the fight against cancer. Philanthropists Anna and Harry Korman created the Partners in 1994 in honor of their late daughter, Suzanne, who died of cancer at age 36. The Kormans sought to engage young people in raising money for cancer research, knowing this would lead to advancements in treatment options and earlier detection methods.

Today, the Partners Committee continues to raise funds for research at Karmanos through its annual two-part fundraiser, known as The Partners Events which include The Golf Classic and The Night. The honorees for this year's events are Linda Dresner and Ed Levy, Jr.

PARTNERS GOLF CLASSIC

The Golf Classic features two 18-hole tee times with a cart, gourmet food, games of chance, an exciting raffle and a strolling dinner. The lowest-scoring men's, women's, mixed and Pro-Am teams will receive awards.

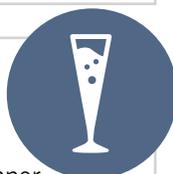
Date: Monday, September 26
Time: Tee times at 8 a.m. and 1:30 p.m.
Place: Franklin Hills Country Club, Franklin
Foursomes: Available with sponsorships



PARTNERS NIGHT

Attended by more than 600 supporters each year, The Night is a high-energy gala featuring a strolling cocktail reception and dinner, raffle, fashion show, live musical entertainment and dancing.

Date: Saturday, October 22
Time: 7 p.m. to midnight
Place: Russell Industrial Center, Detroit
Tickets: \$250 per person
Sponsorships: Available starting at \$1,000



To learn more about both events or to purchase sponsorships or tickets, contact Kelly at **(313) 576-8108** or **smileyk@karmanos.org** or visit **www.karmanos.org/partners**



Better Treatments, CLOSER TO HOME

KARMANOS OPENING NEW CENTER AT MCLAREN PORT HURON

The Karmanos Cancer Institute has expanded its reach into Port Huron, bringing advanced cancer treatments and therapies close to home for residents of the Blue Water and Thumb regions.

In July, Karmanos opened a 15,000-square-foot portion of a new 35,000-square foot facility on the campus of McLaren Port Huron. The entire project will be complete in late 2018. The new cancer center is part of a major hospital expansion designed to meet community needs well into the future.

The addition of new technology and oncology services at Karmanos Cancer Institute at McLaren Port Huron builds upon Karmanos' reputation for excellence. The new center features:

- Multidisciplinary teams of cancer specialists and clinical trials—new therapies that have potential benefits over today's standard treatments. Trials are available for breast, head and neck, kidney and lung cancers, as well as multiple myeloma and leukemia.
- Infusion therapy (chemotherapy), with 12 new treatment bays. Twelve additional bays will be opened upon completion of the entire facility.
- Advanced imaging technology, including a state-of-the-art linear accelerator capable of delivering the most effective radiation therapy available.
- Comprehensive radiation therapy and medical oncology services.
- Access to potentially life-saving bone marrow transplants and a cord blood stem cell bank registered with the National Marrow Donor Program. Bone marrow transplants are performed at Karmanos' midtown Detroit location, where the cord blood stem cell bank also is located.

"There's a significant need for local, expanded services like cancer care so patients can receive the treatment they need close to home," says Jennifer Montgomery, McLaren Port Huron president and CEO. "Cancer incidence in St. Clair County has increased 6.5 percent over the last 15 years, and about 60 percent of patients leave the county for some type of cancer treatment. With the new center, patients won't have to travel to receive the highest quality cancer care available."



CANCER INSTITUTE

Wayne State University

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Karmanos Cancer Institute Receives Special Accreditation



Here's more evidence that when you come to Karmanos Cancer Institute, you'll receive the very best cancer care. The Commission on Cancer (CoC) of the American College of Surgeons has recently granted a three-year accreditation to Karmanos cancer programs based in Detroit, Mt. Pleasant and Lapeer. All Karmanos facilities have now received the accreditation. To view a full listing of our sites, please see below this story.

To earn voluntary CoC accreditation, a cancer program must meet or exceed specific CoC quality care standards, be evaluated every three years through a survey process and

maintain levels of excellence in the delivery of comprehensive patient-centered care. Three-year accreditation is only awarded to a facility that exceeds standard requirements at the time of its triennial survey.

CoC-accredited cancer centers take a multidisciplinary approach to treating cancer as a complex group of diseases that requires consultation among surgeons, medical and radiation oncologists, diagnostic radiologists, pathologists and other cancer specialists. This multidisciplinary partnership results in improved patient care.

BARBARA ANN KARMANOS CANCER INSTITUTE TREATMENT LOCATIONS

3140 West Campus Drive Bay City, MI 48706	918 N. Center Avenue Gaylord, MI 49735	416 Connable Avenue Petoskey, MI 49770 Radiation Oncology
43097 Woodward Ave., Suite 100 Bloomfield Hills, 48302	2901 Stabler Lansing, MI 48910	560 West Mitchell St., Suite 185 Petoskey, MI 49770 Medical Oncology
5680 Bow Pointe Dr. Clarkston, MI 48346	1540 Lake Lansing Road, Suite 103 Lansing, MI 48912	1221 Pine Grove Ave. Port Huron, MI 48060
4100 John R Detroit, MI 48201	1295 Barry Drive, Suite B Lapeer, MI 48446	621 Court Street, Suite 105 West Branch, MI 48661
31995 Northwestern Hwy Farmington Hills, MI 48334	1080 Harrington Blvd. Mt. Clemens, MI 48043	
4100 Beecher Road, Suite A - Radiation Oncology, Suite B - Medical Oncology Flint, MI 48532	1221 South Drive Mt. Pleasant, MI 48858	



Better treatments. Better outcomes.